

Updated March 2022

RESOURCE BOOK



**City of Manchester
Senior Services Department
151 Douglas Street
Manchester, NH 03102**

**603-624-6533 * www.manchesternh.gov
www.facebook.com/ManchesterNHSeniorServices**

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WILLIAM B. CASHIN SENIOR ACTIVITY CENTER

151 Douglas Street
Manchester, NH 03102
603-624-6533

Website: www.manchesternh.gov/Departments/Senior-Services

Facebook: www.facebook.com/ManchesterNHSeniorServices

Hours of Operation:

Mon.-Fri. 8:30am- 4:30pm

Sat.- Sun. Closed

Vision Statement: To enrich the well-being and quality of life to Manchester's more mature population while preventing social isolation.

The City of Manchester Senior Services Department administers the Cashin Senior Activity Center. The drop-in center provides socialization and recreation. Our services and programs are available to those 55 years of age and older, to Manchester residents, and non-residents as well. The Wm. B. Cashin Senior Activity Center is located at 151 Douglas Street, Manchester NH 03102, on the west side of Manchester off of Main Street next to the branch of the West Side Public Library and St Andrew's Church.

The Center offers a growing list of programs and activities that include the following: Card games, acrylic painting, scrabble, bingo, line dancing, open computer time, billiards, exercises, educational programs, Wii bowling league, Zumba, health clinics, Mah Jongg, book club, adult coloring, trips, knit and crochet, movie matinees, fitness room, dominoes, Tai Chi, Qui Gong and much more!

The Center also provides Health Clinics that include: Foot Clinic, Hearing Screening, BP Screening, Balance Assessment and Diabetic Shoe Clinic. Please consult the website or call for activity schedules.

History of the William B. Cashin Senior Activity Center

Originally in 1978 there was a Senior Center on the east side, East Side Center otherwise known as the Smile Center which was located on Hanover St. There was also a senior center on the west side, West Side Center which was housed at the West Side Library on Main St. In 2004 the Wm. B. Cashin Senior Activity center was built and the East and West Senior Centers were combined. Named after Bill Cashin who was an Alderman for 32 years, prominent business man in the community as well as an advocate for seniors. Bill worked closely with Toni Roux McNally who began the centers and who was a great advocate for seniors as well.

SECTION 1: CASE MANAGEMENT, COUNSELING AND REFERRAL
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**City of Manchester Senior Services Department
William B. Cashin Senior Activity Center**

151 Douglas Street
Manchester, NH 03102
603-624-6533

www.manchesternh.gov

The Senior Center services seniors 55 and over. The drop-in center provides activities, presentations, and clinics to prevent isolation and improve quality of life.

Elder Care Locator Service

1-800-677-1116

www.eldercare.acl.gov

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

**Mental Health Center of Greater Manchester
Senior Counseling Services**

1555 Elm Street
Manchester, NH 03101
603-668-4111

www.mhcgmm.org

**New Hampshire Catholic Charities
Mental Health Counseling Services**

603-669-3030

www.nh-cc.org

**NH Division of Health and Human Services
Manchester District Office**

1050 Perimeter Rd, Suite 501
Manchester NH 03103
603-668-2330; (800) 852-7493
TDD Access Relay: (800) 735-2964

www.dhhs.nh.gov

****To Report Abuse or Neglect****

603-271-7014

1-800-949-0470

The Bureau of Elderly and Adult Services provide protective services as well as economic services, such as Medicaid, Food Stamps and Old Age Assistance.

City of Manchester Welfare Department

1528 Elm Street

Manchester, NH 03101

603-624-6484

www.manchesternh.gov/welfare

The Moore Center**Moore Options for Seniors: Kinship Care Program**

195 McGregor Street Ste. 400

Manchester, NH 03102

603-206-2701

E-mail: info@moorecenter.org

www.moorecenter.org

The **Kinship Care** program enables families to be compensated for caring for a loved one at home, in lieu of having them placed in a nursing home.

New Hampshire 2-1-1

Dial: 2-1-1

1-866-444-4211 (out of state)

TTY: 603-634-3388

Email: 211nh@211nh.org

www.211nh.org

Information and Referrals

Service Link- Hillsborough County**Sponsored by Easter Seals of NH**

555 Auburn Street

Manchester, NH 03103

603-644-2240

1-866-634-9412

www.servicelink.org

Information and Referrals

SECTION 2: HOUSING

SUBSIDIZED HOUSING- Manchester, NH.

The federal government has assisted in the development of many apartments throughout New Hampshire. These meet the needs of senior citizens. In subsidized housing, the tenant pays no more than 30% of his/her adjusted income for rental cost.

One of the strongest advantages that are offered by this type of housing is the increased opportunity for companionship, recreation, and social interaction.

Carpenter Center- 603-625-5422

Type: Elderly/family Contact: Stewart Property Management
603-641- 2163/ Fax-603-641-1063
323 Franklin Street
Manchester, NH. 03301

Countryside Village

60 Village Circle Way
Manchester, NH 03102
Type: Elderly/ family Contact: Merion Residential property management
Call 603-666-0222
FAX 603-666-4544

Varney School Apartments

Type: Elderly
84 Varney Street
Manchester, NH. 03102
Call 603-668-5050, FAX: 603-668-9296

The Meetinghouse at River Front

60 Riverfront Drive
Manchester, NH. 03102
603-623-7000
Type: Elderly some HCBC / units 102 total/ VNA available 24 hrs.
Sr. Living Management
Lloyd Jones LLC owners
305-415-9910

Families in Transition

122 Market Street
Manchester, NH. 03101
603-641-9441

Emergency Housing

www.fitnh.org

Families in Transition (FIT) is a nonprofit organization that is specifically designed to help homeless individuals and families. FIT provides an array of housing options such as emergency housing, permanent supportive housing, transitional housing and other housing assistance. Family Outfitters Thrift Store, Outfitters Thrift Store Boutique, and FIT Cleaning Solutions are a revenue stream for FIT. All proceeds support the FIT services.

Permanent Affordable Housing (34 units) is independent subsidized housing available to members of the community at large who fall within the established income requirements. Residents receive no supportive services.

Permanent Supportive Housing (61 units) is independent housing for individuals and families with a documented disability. Housing is permanent and is accompanied by comprehensive supportive services.

JCM Management

540 No. Commercial Street
Manchester, NH. 03101
603-668-5155
Fax- 603-668-4058

Eastgate Apartments

125 Eastgate Way
Manchester, NH 03109
603-626-3443
Type: Family
Units: 144

Metropolis Property Management Group, Inc.

1662 Elm Street Ste. 100
Manchester, NH. 03101
603-666-4518
www.metropolispmg.com

Pearl Street School Apartments

332 Pearl Street
Manchester, NH. 03103
Type: elderly/disabled
Laundry on site

Old Wellington Road Apartments

Old Wellington Rd. Manchester, NH. 03104
Type: Family

Piscataquog River Apartments

155 Agnes Street
Manchester, NH. 03102
Type: Elderly / Laundry on site

Stella Arms

Karatzas Avenue, Manchester, NH. 03104
Units 66

Sidoras's Terrace Apartments

82-84 Karatzas Avenue,
Manchester, NH. 03104
Type: Elderly
Units: 36 in each building

Bond Building

1015 Elm Street, Manchester, NH. 03101
Type: Family

Eastern Ave Apartments

40-89 Eastern Avenue
Manchester, NH. 03104
Type: Family

Stewart Property Management

2 Cote Lane
PO Box 10540
Bedford, NH. 03110-0540
603-641-2163
office@StewartProperty.net

Francis Warde House

436 Union Street
Manchester, NH. 03102

Antoinette Hill Apartments

444 Chestnut Street
Manchester, NH.
Units 23 Services: laundry

Cedar House

272 Beech Street
Manchester, NH. 03103
Type: Elderly/ disabled
Units: 30
Services: Laundry
603-625-5422

East Point Property

5A East Point Drive
Bedford, NH. 03110-6834
603-836-5680

Southside Manor (not subsidized)

78A Manor Drive

Type: Family

Units: 124

Services: Laundry

Fr. Louis Ramsey House I /and II

178 Mitchell Street

Type: Elderly or Disabled

Units: 32

Services: Laundry, Appliances, Community Room, Emergency call, on bus line, and activities

Elm Grove Companies

440 Hanover Street

Manchester, NH 03101

603-666-8534

info@elmgrovecompanies.com

Amoskeag Apartments LLC

39 Mulsey Street

Manchester, NH. 03101

Southern NH Services

40 Pine Street PO Box 5040

Manchester, NH 03108

603-668-8010

1-800-322-1073

www.snhs.org

Sundance Village

1915 Front Street

Manchester, NH. 03102

603-634-0033

Type: Elderly

Units:41

Hallsville Court I

870 Hayward Street, Manchester, NH. 03103

603-622-9693

Type: Elderly Units 34

Hallsville Court II

850 Hayward Street Manchester, NH. 03103

603-622-9693 Type: Elderly Units: 20

Derryfield Village

Type: Elderly Units: 28

628 Hanover Street, Manchester, NH. 03104 / 603-621-7197

Crotched Mountain Foundation

1 Verney Drive

Greenfield, NH 03047

603-547-3311

www.crotchedmountain.org

Courtyard Apartments

245 No. Main Street

Manchester, NH. 03102 Type: Handicap Units: 24

Manchester Housing and Redevelopment Authority

198 Hanover Street

Manchester, NH. 03104

603-624-2100

www.manchesterhousing.org

The Manchester Housing and Redevelopment Authority (MHRA) provides housing and social services for low- income eligible families and seniors. Federally subsidized by the United States Department of Housing and Urban Development, MHRA offers a number of housing alternatives including SECTION 8 and public housing and Congregate Services MHRA owns and operates 1,261 apartments located in five hi-rises and scattered sites throughout the city.

All go through the main phone number: 603-624-2100

Gallen Apartments

200 Hanover Street Type: Elderly/ Units: 95

Burns Apartments

55 So. Main Street, Manchester, NH.

603-623-6649 Type: Elderly Units: 121

Pariseau Apartments

55 Amory Street

603-624- 6173/ Type: Elderly/ Units: 100

Mary Gale apartments

600 Maple Street /Type: Elderly / Units 37

JT Benoit Development

Tarrytown Road

Type: Elderly/ Units 121

Brown School Apartments

435 Amory Street

Type: Elderly/ Units 37

O'Malley Apartments

259 Chestnut Street/ Type: Elderly/ Units 100

Elmwood Gardens

83 Trahan Street / Type: Elderly/ Family

Units: 200

Kalivas Apartments

175 Chestnut Street / Type: Elderly/ Units: 100

Kelly Falls Apartments

463 Kimball Street/ Type: Elderly/Family / Units: 132

Laurette Sweeney Apartments

790 So. Porter Street Type: Elderly Units:31

Laurette Sweeney Apartments II

800 So. Porter Street Type: Elderly / Units:30

SUBSIDIZED HOUSING—BEDFORD**Carlton Crossing**

10 Colby Court

Bedford, NH 03110

Type: Elderly / Units:27

603-623-8546

Pine Village Estates (continued)

45 Ridgewood Road

Bedford, NH 03110

Type: Elderly/ Units:24

Services: Community room, housekeeping, storage facility

Contact: Stewart Property Management

603-641-2163

2 Cote Lane

PO Box 10540

Bedford, NH 03110-0540

www.stewartproperty.net

SUBSIDIZED HOUSING—GOFFSTOWN

Edward Roy Apartments

27 College Road

Manchester, NH 03102

603-622-7317

Contact: JCM Management Co.

540 No. Commercial Street

Manchester, NH. 03101

603-668-5155 / jcmmanagement.com

Type: Elderly/ disabled Units: 60

Services: Community room, Bi-weekly bus (STS) to grocery store

The Meeting House at Goffstown

12 Reed Street

Goffstown, NH. 03045

603-623-7000

Contact: Finley Properties, 603-672-0300

Meeting House at Riverfront

60 Riverfront Drive

Manchester, NH 03102

603-623-7000

Type: Elderly Units: 39

Placid Woods

24 Mountain Road

Goffstown, NH 03045

Contact: Metropolis Property Management Group Inc.

33 South Commercial Street, Manchester, NH. 03101

603-666-4518

www.metropolispmg.com

Type: Elderly Units: 28

Services: Community room, resident manager

HOOKSETT—SUBSIDIZED/UNSUBSIDIZED

Hollyberry Hill

319 Londonderry Turnpike

Hooksett, NH 03106

Type: Elderly/ Disabled Units: 44

Services: Laundry, Community room

Not subsidized, rental assistance available from USDA

Contact: EJM Management

PO Box 565

Keene, NH 03431

603-352-9105

Birchwood

28 Dale Road

Hooksett, NH 03106

Type: Family Units: 32

Services: Laundry

Contact: Foxfire Property Management

2 Pillsbury Street #500A

Concord, NH. 03301

603-226-0782

www.foxfirenh.com

SUBSIDIZED HOUSING—ALLENSTOWN**Suncook Pond**

1 Suncook Pond Drive

Allenstown, NH.

5A East Point Drive, Bedford, NH 03110-6834 / 603-836-5680

CONGREGATE HOUSING—MANCHESTER

Independent living with personal care and support services provided including meals, housekeeping services, and congregate activities

NH Catholic Charities/ Health Care Services

215 Myrtle Street

Manchester, NH 03104

603-669-3030 ext. 255

www.cc-nh.org

Mount Carmel Rehabilitation and Nursing Center**St. Teresa Rehabilitation and Nursing Center**

1-800-562-5149

www.catholiccharitiesusa.org

Bishop Primeau Apartments

519 Bridge Street

Manchester, NH 03104

603-668-7703

Units: 25

Limitations: No medical services.

Needs medical certification for independent living. Services: wellness program, daily mass, housekeeping, shopping trips twice a week, monthly lunch trips, a meal plan and has a maintenance department.

ASSISTED LIVING FACILITIES—MANCHESTER

www.nhhfa.org

Myrtle Manor Inc.

83 Myrtle Street
Manchester, NH 03104
603-641-6626

Myrtle Manor II- Residential Care Facility

83 Myrtle Street
Manchester, NH 03104
603-641-6626

Villa Crest Nursing and Retirement Center

1276 Hanover Street
Manchester, NH 03104
603-622-3262

The Courville at Manchester

44 W. Webster Street
Manchester, NH 03104
603-647-5900

Evergreen Place

813 Beech Street
Manchester, NH 03104
603-669-7361

Washington Manor

67 Prospect Street
Manchester, NH 03104
603-668-9111

The Meetinghouse at River Front

60 Riverfront Drive
Manchester, NH 03102
603-623-7000

ASSISTED LIVING FACILITIES--BEDFORD

Carlyle Place

40 Route 101
Bedford, NH 03110
603-472-2000

Arbors of Bedford

70 S. Hawthorne Drive

Bedford, NH 03110

603-647-9300

www.arborsofbedford.com

Bentley Commons at Bedford

66 Hawthorne Drive

Bedford, NH 03110

603-644-2200

www.bentleyatbedford.com

Bedford Falls

5 Corporate Drive

Bedford, NH 03110

603-945-1637

Bowman Place at Olde Bedford

24 Old Bedford Road

Bedford, NH 03110

603-714-7003

www.bowmanplace.org

ASSISTED LIVING FACILITIES—GOFFSTOWN**Inn at Parker Station LLC**

46 Parker Station Road

Goffstown, NH 03045

603-497-5300

www.parkerstation.com

Golden Haven Residential Care Home

120 S. Mast Street

Goffstown, NH 03045

603-497-2639

The Villager Retirement Home of Goffstown

50 N. Mast Street, Route 114

Goffstown, NH 03045

603-497-4225

www.villagernh.com

RETIREMENT COMMUNITY—DERRY

Birch Heights

7 Kendall Pond Road

Derry, NH 03038

603-425-7755

www.birchheights.com

RETIREMENT COMMUNITY—GOFFSTOWN

Medvil Co-operative

157 Donald Street

Goffstown, NH 03045

603-497-4440

www.medvilcooperative.com

VETERAN'S HOUSING—MANCHESTER

Liberty House

Liberty House, Inc.

221 Orange Street

Manchester, NH 03104

603-669-0761

ADDITIONAL HOUSING INFORMATION

New Lifestyles

1-800-869-9549

www.newlifestyles.com

Free directory of senior living and care options

Assisted Living Federation of America (ALFA)

www.alfahousing.org

NH Association of Residential Care Homes (NHARCH)

17 Depot Street Ste. 3

Concord, NH 03301

603-228-1231

1-800-544-0906

www.nharch.org

Manchester Area Nursing Home List - from Refer

Company Name	Billing Address	City	Phone Number
Genesis Healthcare - Laurel Center	480 Donald Street	Bedford	603-627-4147
Bedford Hills	30 Colby Court	Bedford	603-625-6462
Genesis Healthcare - Ridgewood	25 Ridgewood Road	Bedford	603-623-8805
Merrimack County Nursing Home	325 Daniel Webster Highway	Boscawen	603-796-2165
Rockingham County Rehab and Nursing Center	117 North Road	Brentwood	603-679-5335
Genesis Healthcare - Harris Hill	20 Maitland Street	Concord	603-224-1319
Genesis Healthcare - Pleasant View Center	239 Pleasant Street	Concord	603-224-6561
Havenwood-Heritage Heights	33 Christian Avenue	Concord	800-457-6833
Presidential Oaks	200 Pleasant Street	Concord	603-225-6644
Aurora Senior Living of Derry, LLC	20 Chester Road	Derry	603-432-3801
Pleasant Valley Nursing Center	8 Peabody Road	Derry	603-434-1566
Epsom Healthcare Center	901 Suncook Highway	Epsom	603-736-4772
Exeter Center	8 Hampton Road	Exeter	603-778-0531
Riverwoods at Exeter	7 Riverwoods Drive	Exeter	603-772-4700
Genesis Healthcare - Mountain Ridge Center	7 Baldwin Street	Franklin	603-934-2541
LRG Healthcare - Franklin Regional Hospital	15 Aiken Avenue	Franklin	603-934-2060
Colonial Poplin Nursing Home	442 Main Street	Fremont	603-895-3126
Bel-Air Nursing Home	29 Center Street	Goffstown	603-497-4871
Hillsborough County Nursing Home	400 Mast Road	Goffstown	603-627-5540
Genesis Healthcare - Oceanside Center	22 Tuck Road	Hampton	603-926-4551
Hillsboro House Nursing Home	67 School Street	Hillsborough	603-464-5561
Fairview Healthcare	203 Lowell Road	Hudson	603-882-5261
Courville at Manchester	44 West Webster	Manchester	800-638-5503
Hackett Hill Health Care Center	191 Hackett Hill Road	Manchester	603-668-8161
Hanover Hill Health Care Center	700 Hanover Street	Manchester	603-627-3826
Riverwoods	200 Alliance Way	Manchester	603-836-2302
Holy Cross Health Center	337 Island Pond Road	Manchester	603-628-3550
Maple Leaf Health Care Center	198 Pearl Street	Manchester	603-669-1660
Evergreen Place	813 Beech Street	Manchester	603-669-7361
Mt. Carmel Rehabilitation and Nursing Center	235 Myrtle Street	Manchester	603-627-3811
St. Teresa Rehabilitation and Nursing Center	519 Bridge Street	Manchester	603-668-2378
Villa Crest Nursing and Retirement Center	1276 Hanover Street	Manchester	603-622-3262
Crestwood	40 Crosby Street	Milford	603-673-7061
The Elms	71 Elm Street	Milford	603-673-2907
Courville at Nashua	22 Hunt Street	Nashua	800-638-5503
Greenbriar Terrace Health Care Center	55 Harris Road	Nashua	603-888-1573
William P. Clough Extended Care Center	273 Country Road	New London	603-526-5382
Pheasantwood	50 Pheasant Road	Peterborough	603-924-7267
Summerhill Assisted Living	183 Old Dublin Road	Peterborough	603-924-6238
Clipper Harbor of Portsmouth	188 Jones Avenue	Portsmouth	603-431-2530
Edgewood Center	928 Main South Street	Portsmouth	603-766-2310
Mart Wentworth Home	346 Pleasant Street	Portsmouth	603-463-0169
Colonial Hill Center	62 Rochester Hill Road	Rochester	603-335-3955
Rochester Manor Nursing Home	40 Whitehall Road	Rochester	603-332-7711
Webster at Rye	795 Washington Road	Rye	603-964-8144
Salemhaven Nursing and Rehab Center	23 Geremonty Drive	Salem	603-893-5586
Warde Health Center	21 Searles Road	Windham	603-893-6550

SECTION 3: HEALTH

CATHOLIC MEDICAL CENTER COMMUNITY SERVICES

100 McGregor Street
Manchester, NH 03102
(800) 437 – 9666 or 603-668-3545
Fax: 603-663-6758

Community Health- Caring for those in need is central to our mission. We reach out to members of the community through programs and services that offer health assessment, education, follow-up, referrals and resources to help individuals access the information and care they need to live healthy, productive lives.

Some of our programs include:

- Breast and Cervical Cancer Screenings
- The Doorway of Greater Manchester
- Health Care for the Homeless
- Medication Assistance Program
- Parish Nurse Program
- Poisson Dental Facility
- Pregnancy Care Center

Community Health Services also offers a variety of programs, classes, and lectures that can help you live a healthier life. Call for information: 603- 626-2626

<https://www.catholicmedicalcenter.org/care-and-treatment/community-health-and-outreach>

Amoskeag Health- McGregor

(formerly West Side Neighborhood Health Center)
Medical Office building/CMC center
88 McGregor Street suite 302
Manchester NH 03102
603-663-5382

Website: <https://www.catholicmedicalcenter.org/locations/amoskeag-health-mcgregor>

Under and uninsured residents can access primary care at Amoskeag Health—McGregor (formerly *West Side Neighborhood Health Center*), which specializes in caring for refugees, from newborns to the elderly. Amoskeag Health—McGregor is an initiative of Amoskeag Health, formerly Manchester Community Health Center (MCHC)

Breast and Cervical Cancer Screenings

Regular screenings and follow-up care can help prevent or more effectively treat breast and cervical cancers. The Let No Woman Be Overlooked Breast and Cervical Cancer Program allows women throughout New Hampshire who do not have access to essential, basic, preventive care access free screenings. Certain requirements must be met to qualify for these free screenings.

Website: <https://www.dhhs.nh.gov/dphs/cdpc/bccp/>

603-663-8726

Parish Nurse Program

107 Alsace Street
Manchester, NH 03102
603-663-8004

Offers nurse consults, blood pressure and other health screenings, health & wellness programs at no charge.

The Doorway of Greater Manchester

60 Rogers Street Suite 210
Manchester, NH 03103

Misuse of potentially harmful substances, such as opioids or alcohol to the extent that it interferes with a person's well-being and/or ability to participate in daily activities such as work, school, and family life is referred to as a substance use disorder (SUD). Substance use disorders are treatable illnesses that can affect anyone, regardless of age, race, gender, employment status, income, or education level. No group or individual is immune to the reach of SUD. Starting with appropriate treatment and support, many people recover from SUD. Substance use and mental health supports and treatment are available to you, even during a state of emergency.

Call 2-1-1 to be directed to help.

Monday - Friday: 8AM - 5PM

If you do not speak English, language assistance services, free of charge, are available to you.

[Call 211](#) (TTY: [1-603-634-3388](#)) 603-606-1090

Poisson Dental Facility

603-663-6226, *Please note: The facility is not a walk-in clinic.*

Children and adults in the greater Manchester area without access to preventive dental care and treatment may receive a referral to the Poisson Dental Facility at Catholic Medical Center. Our goal is to reduce the number of complex and urgent dental work procedures resulting from the lack of preventative care and catch problems earlier to reduce complications later.

Services Provided Include:

- Emergency care
- Restorative care
- Dental screenings
- Dental education
- Oral rehabilitation under general anesthesia
- Oral surgery
- Endodontics
- Full or partial denture

Healthcare for the Homeless

603-641-9441 Families in Transition main telephone number. FIT emergency suite 603-782-7414.

HCH Manchester conducts a primary care clinic at three locations: At Wilson Street Integrated Health 603-665-7450, one clinic daily at the Families in Transition Adult Emergency Shelter 603-663-8718 and another clinic twice weekly (Monday mornings and Thursday afternoons) at the Families in Transition housing program. All persons who are experiencing homelessness, or who are at risk of being homeless, are welcomed. No one is turned away due to an inability to pay.

MEDICATION ASSISTANCE

Medication Assistance

For assistance call: 603-663-8752

The Medication Assistance Program helps local residents who have difficulty paying for their prescription medications. You may be eligible to receive free medication from pharmaceutical companies if you meet certain program requirements.

PRIMARY CARE ASSISTANCE

603-314-4750

The staff of our Primary Care Access Line will help you find a primary care provider for you and your family.

EMERGENCY CARE

Emergency Department

Catholic Medical Center

100 McGregor Street

Level A

Manchester NH 03102

Call 603-663-6478

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, CALL 9-1-1 IMMEDIATELY

URGENT CARE

Catholic Medical Center Urgent Care

5 Washington Place Suite 1B

Bedford, NH 03110

603-314-4567

ClearChoiceMD / CMC Goffstown Urgent Care

558 Mast Road

Goffstown, NH 03045

603-232-1790

<https://www.catholicmedicalcenter.org/locations/clearchoicemd-goffstown>

ClearChoiceMD / CMC Hooksett Urgent Care

7 Cinemagic Way

Hooksett, NH 03106

603-782-5112

<https://www.catholicmedicalcenter.org/locations/clearchoicemd-hooksett>

INTERIM HEALTH CARE

608 Chestnut Street
Manchester, NH 03105-1780

(603) 668-6956

603-352-7290 Senior Care

<https://www.interimhealthcare.com>

Our mission is to improve people's lives and that is what we do every day. With a broad range of home care expertise, our trained professionals offer Home Health, Personal Care & Support (Senior Care) and Pediatric Home Care Services that are cost-effective and designed to meet the needs of the individual.

If you are in need of Home Care in and around Manchester, NH for a short time after you come home from a hospital stay or if you need longer term care to help with some of the tasks of daily living, Interim HealthCare of Manchester is here for you and your loved one. We're ready to listen to what you need and to talk with you about the many home health care services we can provide. If you are looking for people you can trust, please call us first.

We also offer medical staffing services for hospitals, physician's offices, ALF/ILF and other healthcare facilities.

The primary mission of our senior care professionals is to assist seniors with the everyday chores that can become more difficult as they age.

As they get older, seniors will tell you that they want to stay at home rather than be confined to a rehabilitation center, nursing facility, or hospital. That's why Interim HealthCare offers personalized Elder Care & Support in the Manchester, New Hampshire region, allowing seniors to stay in their own homes with the independence and dignity that they deserve. Our personalized Elder Care Services ensure that your loved ones will receive the care that they need to thrive in their daily lives.

Personal care & support for seniors in and around Manchester includes help with bathing, dressing, meal preparation and grocery shopping, medication reminders, companionship and much more. Our Senior Care professionals are fully vetted with background checks and drug screens before they ever step foot in your home. Additionally, Interim HealthCare of Manchester, NH is fully bonded and insured.

To request information about personal care & support for seniors in and around Manchester, NH, or to schedule a no-obligation in-home evaluation, call our office at (603) 352-7290 or click the "Contact Us" button above and we will reach out to you soon.

WAYPOINT

(Formerly Child and Family Services)

464 Chestnut Street

P.O. Box 448

Manchester, NH 03105

Tel. 603-518-4000

Fax 603-668-6260

Waypoint mission: Empowering people of all ages through an array of human services and advocacy

Waypoint meaning.

Our name signifies a point along a journey at which you change course. That's what we do. We help people and communities to change course. In 2018, we rebranded and changed our name from Child and Family Services to Waypoint to better reflect who we are and who we serve today--lifeline across the lifespan.

Waypoint work:

As a private, nonprofit agency, our array of services includes-- adoption, prenatal support, parent education/family empowerment, services for children with developmental concerns or chronic health conditions, child care, mental health counseling, family preservation, supervised visitation, foster care, homeless youth continuum, home healthcare for older Americans and adults with disabilities, and advocacy

Home Care Services:

Waypoint is a licensed Home Health Care agency. Our Home Care program provides homemaking, personal care, nursing, transportation and connections to community support services for seniors and adults with disabilities. Our goal is to enrich the lives of our clients and their families and to help them live at home, or die at home, if that is their choice.

Trained and dedicated staff assist with tasks of daily living including maintaining a home (laundry, cleaning, bill paying), personal care (bathing, dressing), preparing nutritious meals, grocery shopping and transportation for essential errands. For clients with chronic illnesses, Registered Nurse (RN) visits are often able to be provided as well and include comprehensive general health assessments, assistance with medications, and communication with the primary care physician. All visits start with a free in home Service Coordination visit to review benefit eligibility and to design a person centered plan of care which coordinates Waypoint services with other providers in the community.

Pricing and Services (January 2022)

REGION: Merrimack and Hillsborough Counties

ELIGIBILITY: Seniors and individuals over the age of 18 with a chronic disability

FEE: \$23-26/hr. for homemaking & personal care. Sliding fee scale may be available based on age & income

CONTACT: 603-518-4400

Manchester VA Medical Center

718 Smyth Road

Manchester, NH 03104

603-624-4366

www.manchester.va.gov

Elliot Hospital

One Elliot Way

Manchester, NH 03103

603-669-5300

www.elliotohospital.org

Elliot Adult Day Program

1070 Holt Ave. Ste. 1600
Manchester, NH 03109
603-663-2405

Elliot Senior Health Center

138 Webster Street
Manchester, NH 03104
603-663-7000

The Elliot Senior Health Center is a department of Elliot Hospital and is affiliated with Elliot Health System. The Senior Health Center is the combination of medical, health and community services in one building.

Visiting Nurse Association of Manchester and Southern NH

1070 Holt Ave. Ste. 1400
Manchester, NH 03109
603-622-3781
1-800-624-6084

www.manchestervna.org

Services include Home Health Care, Hospice Care, Bereavement Support and Palliative Care

URGENT CARE/ ELLIOT**Elliot at Bedford**

25 Leavy Drive
Bedford, NH 03110
603-472-1772

Elliot at River's Edge

185 Queen City Avenue
Manchester, NH 03101
603-663-3000

Medical Center at Londonderry

40 Buttrick Road
Londonderry, NH 03053
603-552-1500

Elliot at Hooksett

20 Chambers Drive
Hooksett, NH 03106

Elliot Pharmacy at River's Edge

175 Queen City Avenue Ste. 1
Manchester, NH 03101
603-663-5678

Easter Seals New Hampshire

555 Auburn Street
Manchester, NH 03103
603-623-8863

www.eastersealsnh.org

Programs and services provided list/descriptions from Easter Seals Website

Service Link

603-644-2240

This is a state sponsored information, outreach and referral service that is part of Easter Seals.

Military and Veteran's Services

603-315-4354

Adult Medical Day Services

603-621-3550

Home like atmosphere in which older adults, adults living with dementia, or adults living with disabilities receive individualized therapeutic, social, and health services for some part of the day.

Homemakers and Health Services

1-866-553-3939

Care in the home and community ranging from basic household chores to more extensive in home care and companionship.

Memory Care Options

603-621-3550

Successful programs and care are provided in the home and in the community for those living with a memory impairment.

Mary Gale Flex Fund

603-621-3485

Assisting low income women with critical goods and services

Caregiver Resources

603-644-2240

Providing respite care, education, resources, support and coaching for the new and seasoned caregiver.

MEDICAL DEVICES & SUPPLIES**Loaner's Closet/ Community Caregivers of Greater Derry**

6 W. Broadway Unit 6 (Abbott Ct side entrance)
Derry, NH 03038
603-432-0877

www.comcaregivers.org

Durable Medical Equipment

Elliot Pharmacy at River's Edge

175 Queen City Avenue
Manchester, NH 03103
Phone: 603-663-2728
Home Medical Equipment

HEARING & VISION SERVICES**Future in Sight (formerly NH Association for the Blind)**

25 Walker Street
Concord, NH 03301
603-224-4039
1-800-464-3075

www.futureinsight.org

services@futureinsight.org

Future in Sight is a nonprofit organization that is dedicated to transforming the lives of those who are blind, visually impaired, and their families.

The New Hampshire Telecommunications Equipment Assistance Program (NH – TEAP)

provides specialized telephone landline equipment for people who have difficulty using a standard phone due to a disability such as vision loss, hearing loss or challenges to speech or mobility.

North East Deaf and Hard of Hearing Services

56 Old Suncook Road Ste. 6
Concord, NH 03301
603-224-1850
Video Phone: 603-968-5889

www.ndhhs.org

Email: info@ndhhs.org

Sight Services for Independent Living

1-800-581-6881

Services are available for individuals who are legally blind or visually impaired, 55 years of age or older and living independently. Services include:

- Adaptive aids and devices
- Assessment
- Information
- Peer Support Groups
- Referrals
- Skills training

HOME HEALTH AGENCIES, NON-MEDICAL, IN-HOME CARE

Armistead Senior Care

105 Route 101A Ste. 20
Amherst, NH 03031
603-546-6060

Caring Companions

555 Auburn Street
Manchester, NH 03103
866-553-3939

Comfort Keepers

55B Main Street
Keene, NH
603-352-2227

Gateways for Seniors

144 Canal Street
Nashua, NH 03064
603-459-1786

Home Helpers of Londonderry

3 Sanborn Road Unit 3
Londonderry, NH 03053
603-845-3443

Home Instead Senior Care

100A Middle Street
Manchester, NH 03101
(603) 668-6868

Homemakers & Health Services (Easter Seals)

555 Auburn Street Ste. 2
Manchester, NH 03103
866-553-3939
603-621-3422

Right at Home

150 Nashua Road
Londonderry, NH 03053
603-216-9296

Synergy Home Care

2 Wellman Avenue Ste. 110
Nashua, NH 03064
603-336-3999

Visiting Angels

14 Hooksett Road
Auburn, NH 03032
603-483-8999

Way Maker Home Care

66 Hanover Street Ste. 101
Manchester, NH 03101
603-606-2587

NH Holistic Home Care

15 Hillcrest Road
Goffstown, NH 03045
603-384-1026

Moore Options for Seniors

195 McGregor Street
Manchester, NH 03102
603-206-2725

Amada Senior Care New Hampshire

19 Harvey Road
Bedford, NH 03110
603-865-7999

HOME HEALTH AGENCIES, MEDICAL HOME HEALTH CARE**Bright Star**

601 Riverway Place
Bedford, NH 03110
603-637-4646

Heaven Sent Home Care

14 Spring Street
Nashua, NH 03060
603-459-8358

MAS Home Care

500 Harvey Road
Manchester, NH 03103
603-296-0960

HOME HEALTH AGENCIES, NON-MEDICAL AND MEDICAL HOME HEALTH CARE

Granite House of Help

1100 Valley Street Ste. 4
Manchester, NH 03103
603-935-8199

Interim HealthCare of Manchester

608 Chestnut Street
Manchester, NH 03105
603-668-6956

Regency Home Health, LLC

213 Rockingham Road
Londonderry, NH 03053
603-665-9800

Bayada Home Healthcare

1 Sundial Avenue Ste. 208N
Manchester, NH 03103
603-413-7100

MANCHESTER AREA ADULT DAY HEALTH SERVICES

FACILITY	ADDRESS	CITY	ZIP	PHONE
Adult Day Care of Nashua	12 Murphy Dr. Unit 2A	Nashua	03062	603-589-9570
Castle Center for Adult Group Day Care	312 Marlboro St.	Keene	03431	603-355-8281
Easter Seals Adult Day Services	555 Auburn St.	Manchester	03103	603-623-8863
Easter Seals Adult Day Services	215 Rochester Hill Rd.	Rochester	03867	603-355-1770
Global Adult Day Care Health Center	472 Amherst St. #19 & 20	Nashua	03062	603-223-0788
Maintaining Independence	11 Kimball Dr.	Hooksett	03106	603-782-5622
Nashua Adult Day Health	32 Daniel Webster Hwy 10	Merrimack	03054	603-417-6656
Senior Class Adult Day Services	201 Route 111	Hampstead	03841	603-329-4401
Silverthorne Adult Day Care Center	23 Geremonty Dr.	Salem	03079	603-893-4799
Upper Valley Good Day Respite Program	18 School St.	Lebanon	03766	603-526-4077

Ofemz Home Health Care Agency, LLC

167Beech Hill Avenue
Manchester, NH 03103
603-820-0908

The American Heart Association

603-669-5833

www.americanheart.org

The American Heart Association is a national voluntary health agency whose mission is: "Building healthier lives, free of cardiovascular diseases and stroke."

Alzheimer's Association

166 S River Rd #210
Bedford, NH 03110
603-606-6590
24 hr. helpline 1-800-272-3900

www.alz.org/manh

Center for Disease Control and Prevention

www.cdc.gov

CDC's primary online communication channel. CDC.gov provides users with credible, reliable health information on:

- Data and Statistics
- Diseases and Conditions
- Emergencies and Disasters
- Environmental Health
- Healthy Living
- Injury, Violence and Safety
- Life Stages and Populations
- Travelers' Health
- Workplace Safety and Health

HELPFUL WEBSITES**Service Link Resources List**

<https://www.servicelink.nh.gov/links/index.htm>

AARP: maintains the AARP Meeting Place, a support group for the caregivers available throughout America on line, provides information about AARP and its services. www.aarp.org

Administration on Aging: Information designed for older Americans and their families. www.aoa.org

BenefitsCheckUp: Provides individuals with a comprehensive list of federal and state programs for which they may qualify, including financial assistance, educational opportunities, employment programs, health care, home energy assistance, housing assistance, and volunteer opportunities.

www.benefitscheckup.org

Coping with the Cost of Care: No matter how great your insurance coverage is or if you are on Medicare, the out-of-pocket costs due to medical needs can add up. And if you or a loved one have a serious medical condition or disability, your costs can add up quickly. This guide is designed to give you all the information you need to claim the deductions you are due. Whether for yourself, or for someone you love and care for, here is what you need to know about tax deductions for medical costs.

Eldercare Locator: The Eldercare Locator is the first step to finding resources for older adults in any U.S. community. www.eldercare.acl.gov

GLAD Answers: Legal information service, where you can ask questions, get referrals, and find out more about your own legal situation. GLAD is a non-profit legal organization serving the LGBTQ and HIV+ communities in New England. www.glad.org

Language Line: Interpreter services in over 170 languages.

Local Initiatives Support Corporation: Provides information and overview of the MetLife Foundation Community-Police Partnership Awards Program. Included with this link are resources related to past partnership awards including 2008 and 2009 senior and safety case studies. These case studies are used to help guide communities and police departments facing similar safety issues. These studies are free to the public, and are a unique resource because of their specific focus on crime deterrence and neighborhood inclusionary practices. www.languageline.com

Medicare Information: Information about Medicare for consumers or providers. www.medicare.gov

Mid-State Regional Coordinating Council: The Mid-State RCC serves New Hampshire communities in Belknap and Merrimack County (excluding Hooksett), and the towns of Deering and Hillsborough from Hillsborough County. www.midstatercc.org

2016 Mid-State Ride Resource Directory: Mid-State RCC has recently published their updated Resource Director updated in May 2017. www.midstatercc.org/resource directory

New Hampshire's Falls Awareness:

www.nhfallsriskreduction.org

The NH Falls Task Force exists to:

- Reduce the rate of death and disability in the elderly due to falls.
- Reduce the risk of falling in the elderly population.
- Educate and train professionals working with the elderly.

Social Security Administration: The Social Security Administration's mission is to advance the economic security of the nation's people through compassionate and vigilant leadership in shaping and managing America's Social Security programs. www.ssa.gov

StopFraud.Gov: The Financial Fraud Enforcement Task Force maintains a wide list of resources and information dedicated to helping find and report suspected cases of financial fraud. www.stopfraud.gov

SECTION 4: INCOME

City of Manchester Welfare Department

1528 Elm Street
Manchester, New Hampshire 03101
603-624-6484

www.manchesternh.gov/welfare

City Welfare provides emergency financial assistance first by utilizing all available resources and then in the form of rent vouchers, medical vouchers, and food vouchers. Individuals must meet income criteria to qualify for assistance. This is available ONLY to Manchester residents. Those in need of permanent income assistance should be referred to the New Hampshire Division of Human Services, New Horizons, Easter Seals, Families in Transition, Southern NH Services, Catholic Charities.

Lifeline Telephone Assistance Program NH Public Utilities Commission

www.puc.state.nh.us

Consolidated Communications

128 Bedford Center Rd, Bedford, NH 03110

www.consolidated.com

1-844-968-7224 (phone service)

Application: 1-800-234-9473 OR

www.USAC.org

(Universal Service Administration Company)

Recertification: 1-855-359-4299

Lifeline Telephone Assistance provides assistance to qualifying customers with a monthly reduction on your residential telephone bill.

To qualify for the program, you must be participating in Medicaid, Food Stamps, Supplemental Security Income, Federal Public Housing, Low Income Home Energy Assistance, Temporary Assistance for Needy Families or the National School Lunch Program. Additionally, you may be eligible if your household income is at or below 135% of the Federal Poverty Guidelines. To apply, contact your local telephone company.

SafeLink Wireless

Attention: Executive Resolution Department

9700 NW 112th Avenue

Miami, FL 33178

Enrollment & Plan Changes Support: 1-800-977-3768

Technical Support ONLY: 1-800-378-1684

www.Safelinkwireless.com or www.savelink.com

Offers qualifying individuals a Free cellular service, a FREE cell phone and FREE monthly carry over minutes. Individuals who already participate in other State or Federal assistance programs such as Federal Public Housing Assistance, Food Stamps and Medicaid also qualify for SafeLink service. Some individuals who do not participate in other State or Federal assistance program may qualify if their household income is at or below the poverty guidelines set by the State. Applications are available on website. Eligibility is verified by zip code.

Assurance Wireless- Virgin Mobile

1-888-321-5880

www.assurancewireless.com

Eligible individuals may qualify for a FREE cell phone, FREE unlimited minutes, text messages and data. An individual may qualify if on Medicaid, (SNAP) Supplemental Nutrition Assistance Program, (SSI) Social Security Income or by household income. Applications are available on the website or by calling 1-888-898-4888.

Also offers Wireless Lifeline: FREE 1,000 minutes, 4.5GB data and unlimited texts monthly. Eligibility is the same as above plus: VA Pension/Survivors Pension; Medicaid; Federal Public Housing or Section 8.

Harry Alan Gregg Foundation

1 Verney Drive

Greenfield, NH 03047

603-831-8232

www.HarryGreggFoundation.org

The Harry Greg Foundation is committed to providing financial assistance to improve the lives of people in New Hampshire with disabilities through a grant process. Examples of acceptable purposes include but are not covered by insurance or other programs, special equipment, services or supplies, modifications to living areas, workplace or vehicles, respite services, recreational activities, vocational, educational or driver education. Online applications only. Eligibility is based on income.

Salvation Army

121 Cedar Street

Manchester, NH 03101

603-627-7013

603-622-8332 FAX

ManchesterNH@use.salvationarmy.org (email)

The Salvation Army provides emergency food and clothing. By appointment only.

Eversource

1-800-662-7764

TTY/TDD 1-800-346-9994

www.eversource.com

www.nhsaves.com

NHsaves partners with Energy Star to offer Home Energy Assessment, Hot Water Improvements, Lighting Improvements, Appliance Improvements, Comfort Improvements as well as Custom Improvements to qualified residential customers of Eversource, NH Electric Cooperative.

Through the Energy Star Program, Eversource will evaluate home energy use and provide recommendations for energy saving upgrades, incentives and rebates for qualified Eversource customers.

MEDICAL ASSISTANCE PROGRAMS

ServiceLink

866-634-9412 (routes to both Manchester & Nashua)

603-644-2240 (Manchester office)

603-598-4709 (Nashua office)

SHIP (State Health Insurance Assistance Program) is a counseling program administered through ServiceLink for Medicare beneficiaries and their families when they need help understanding Medicare, medical bills, supplemental insurance or Medicaid. The SHIP counselors are specially trained in Medicare benefits and regulations and volunteer their time to help individuals through the medical insurance maze. Volunteers can help process doctor and hospital bills, prepare Medicare insurance claims, file Medicare appeals, review Medicare supplemental insurance and explore Medicaid eligibility. This is a free service. Appointments can be made with volunteers by calling the number above.

Care Credit

1-800-677-0718

Mon-Fri 9am-9pm

CareCredit is a credit card designed to help you finance your health and wellness expenses that are not covered by traditional insurance by providing a way to pay for the treatments and procedures you need. (subject to credit approval)

NH DIVISION OF HEALTH AND HUMAN SERVICES

Manchester District Office

1050 Perimeter Rd, Suite 501

Manchester, NH 03103

603-668-2330

1-800-852-7493

1-800-735-2964 TDD

603-668-5442 FAX

www.dhhs.nh.gov

Bureau of Elderly and Adult Services

www.dhhs.nh.gov/dcbcs/beas/

Email: beas@dhhs.nh.gov

800-351-1888

603-271-4643 FAX

To Report Abuse or Neglect

603-271-70141-800-949-0470

The Bureau of Elderly and Adult Services (BEAS) provides a variety of social and long-term supports to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability. A variety of social and long-term services and supports can be accessed through the ServiceLink Resource Centers and the NH DHHS District Offices. Services and supports are intended to assist people to live as independently as possible in safety and with dignity.

Examples include:

- Home care
- Meals on wheels
- Transportation assistance
- Long Term Care-Nursing home and community based care
- Information and assistance regarding Medicare and Medicaid
- Information about volunteer opportunities
- Investigation of reports of abuse, neglect or exploitation of incapacitated adults

BEAS staff are located at DHHS District Offices and ServiceLink Resource Centers throughout NH and coordinate services to seniors and adults with disabilities and chronic illnesses who meet certain eligibility criteria. BEAS also has a main office, located in Concord, responsible for administrative support and general program and financial planning.

FAMILIES IN TRANSITION—New Horizons for New Hampshire, Inc.

FITNH

122 Market Street
Manchester, NH 03101
603-641-9441
603-668-1877

www.fitnh.org

FITNH provides comprehensive services to Emergency Homeless Services; Food Programs; Substance Use Treatment.

Dining Services

Families in Transition dining services supports individuals and families at our emergency shelters and men's and women's recovery housing programs. Our culinary staff prepares healthy meals each day in our fully licensed kitchen and ensures that people's health and well-being are of the utmost importance.

Food Pantry

Our new food pantry is now open, offering a shopping experience for people to choose their own food options. Low-income individuals and families in Manchester, NH can access our services every two weeks to receive non-perishable items and meats. Perishable items like vegetables, bread, and pastries are available once a week during our regular hours while quantity lasts

Hours and Location:

Monday: 1:00 p.m. – 4:00 p.m.

Tuesday through Friday:

10:00 a.m. – noon; 1:00 p.m. – 4:00 p.m.

176 Lake Ave., Manchester, NH, 03103

Walk-ins are welcome/*Masks are required*

SOCIAL SECURITY ADMINISTRATION

1 Wall Street, Suite 201

Manchester, NH 03101

Mailing Address:

1100 Elm Street Suite 201

Manchester, NH 03101

1-866-814-5408

Fax: 1-833-950-3591

TDD: 1-800-325-0778

www.ssa.gov

Hours: 9:00am to 4:00pm (Mon. through Friday)

Social Security provides monthly income protection for 96% of the country's workers and their families in any one of the following situations -

Retirement: The worker must meet age and length of work requirements and be sufficiently retired. Spousal and child's benefits also are possible.

Disability: The worker must meet strict criteria for impairment severity and have worked recently to qualify.

Survivors: The deceased worker must have worked under the Social Security's system to provide benefits for his/her surviving family members.

Medicare: Basic health care insurance for individuals over age 65 and for most disabled beneficiaries on benefits for 24 months. Part A (Hospital Insurance is generally free with Part B (Medical Insurance) and Part D (Prescription Coverage) each costing a monthly premium.

Supplemental Security Income: For individuals over age 65, blind or disabled who have few resources, little or no income. Pays a flat monthly rate. There are no work requirements.

THE FRIENDS PROGRAM

Formerly Foster Grandparent Program

130 Pembroke Rd Suite 200

Concord, NH 03301

1-800-536-1193

603-228-1193, 603-228-7603

Fax: 603-226-3884

www.friendsprogram.org to meet community needs

The Friends Program is a non-profit agency that recruits, trains and manages volunteers to meet community needs. Available volunteer programs provide fulfilling opportunities for seniors and retired people to actively contribute to their communities.

Foster Grandparents – offers people (55 or older and income eligible) the opportunity to volunteer in their communities' schools, day cares, or rehabilitation center with at-risk children. Foster Grandparents provide time, attention and care. They support at-risk children by providing individual attention, unhurried help and encouragement, one-on-one or in a group setting and at the direction of

a teacher. This program services children in Belknap, Carroll, Cheshire, Grafton, Hillsborough, Merrimack, Rockingham, Strafford, and Sullivan Counties.

Volunteers receive a \$3/hour tax-free stipend (stipend does not affect any other subsidy), transportation, meals, accident and liability insurance, monthly social interactions through in-services, trips, and holiday parties. Volunteers receive ongoing support from program staff.

Youth Mentoring – These volunteer mentors are making new friends and in doing so, provide hope and inspiration to at-risk youth in 10 communities in Merrimack County.

Retired and Senior Volunteer Program (RSVP) – RSVP volunteers provide a wide range of community services meeting critical needs in non-profit and public agencies in Rockingham, Merrimack, Strafford, and Belknap Counties.

1915 Front Street #111
Manchester, NH 03102
603-634-1169
Fax: 603-641-6054

www.snhs.org
RSVP@snhs.org

Involves persons 55 years of age and older with meaningful opportunities to volunteer skills, expertise, and talent in service to non-profit or public community organizations. RSVP provides professional skills assessment, placement, support and recognition, insurance and travel reimbursement.

Senior Community Service Employment Program (SCSEP) Community Action Program

(Belknap, Merrimack, Rockingham counties)

2 Industrial Park Dr.
Concord, NH 03301
1-800-856-5525
603-225-3295
Fax: 603-228-1898
TTY/TDD 1-800-735-2964

www.bm-cap.org
SCEP@bm-cap.org

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers.

The goal of the program is to upgrade the participant's employment skills through work-based training so they are better equipped to obtain unsubsidized employment. Participation in SCSEP has a lifetime limit of 48-months. Eligibility: Age 55+; Resident of Belknap, Merrimack or Rockingham county; Meet economic guidelines.

SCSEP participants gain work experience in a variety of community service activities at non-profit and public facilities, including schools, hospitals, day-care centers, and senior centers. The program provides over 40 million community service hours to public and non-profit agencies, allowing them to enhance and provide needed services. Participants work an average of 20 hours a week and are paid the highest of federal, state or local minimum wage. This training serves as a bridge to unsubsidized employment opportunities for participants.

Participants must be at least 55, unemployed, and have a family income of no more than 125% of the federal poverty level. Enrollment priority is given to veterans and qualified spouses, then to individuals who are over 65, have a disability, have low literacy skills or limited English proficiency, reside in a rural area, are homeless or at risk of homelessness, have low employment prospects, or have failed to find employment after using services through the American Job Center system.

Operation A.B.L.E. for SCSEP

(Hillsborough County)
228 Maple St Suite 300
Manchester, NH 03103
603-206-4405/4400
603-623-5277 FAX
www.operationable.net
kgorrie@operationable.net

A.B.L.E. addresses the needs of mature workers whose previous experience did not prepare them to use computers and modern office software. It also focuses on today's job search standards such as preparing electronic resumes, use of social media and the internet as the medium for applying and looking for jobs.

Operation A.B.L.E. manages this federally funded program for unemployed job seekers 55 and older who are committed to finding a job. Participants must meet federal low-income guidelines. They are paid a minimum wage stipend for up to 20 hours a week and are provided job search assistance and employment training.

Senior Companion Program (serving all of NH)

2 Industrial Park Dr.
Concord, NH 03301
603-225-3295 x1184
(800) 856-5525
www.bm-cap.org
seniorcompanion@bm-cap.org

The Senior Companion Program is a volunteer program providing friendly visitation and respite services to 55 or older homebound adults in Belknap, Grafton, Hillsborough, Merrimack, Rockingham, Strafford, Sullivan counties. To qualify as a volunteer Senior Companion, a person must be 55 or older, meet income requirements (contact agency for requirements) and have a vehicle and valid driver's license. Volunteers receive a small tax-free stipend (\$3/hr. for 10 hr./week commitment plus mileage reimbursement). Senior Companions provide respite for caregivers; support for home bound adults including trips into the community such as lunch, activities, shopping and appointments.

Companions do not provide housekeeping or personal care. There is no cost for this program. Senior Companions meet at stations regularly for support and guidance regarding any issues or concerns that may arise. Stations in Manchester are at Easter Seals; the Carpenter Center through Meals on wheels for Hillsborough County.

INCOME TAX FILING ASSISTANCE

AARP Tax-Aide

Contact AARP during tax season at 366-542-8186

Volunteer Income Tax Assistance (VITA) SN

Coordinator: Jeremy Glines

Phone: 603-626-9100 ext. 3157 Email: j.glines@snhu.edu

New Hampshire Tax Help

Nhtaxhelp.org

Phone: 2-1-1

Southern New Hampshire Services, Inc.

40 Pine Street

Manchester, NH 03103

Mailing Address: PO Box 5040

Manchester, NH 03108-5040

603-668-8010

800-322-1073

800-877-8339 Hearing Impaired

www.snhs.org

Commodity Supplement Food Program (CFSP) provides eligible low-income elderly with free nutritious foods on a monthly basis.

FEMA Energy Assistance enables individuals whose emergency heating needs cannot be met under the regular Fuel Assistance Program to receive emergency energy assistance

Fuel Assistance Program provides the elderly, handicapped and low-income residents with the financial assistance necessary for them to meet vital heating and utility expenses.

Neighbor Helping Neighbor is a charitable fund supported by customers and employees of PSNH, Granite State Electric, and Energy North. Neighbor Helping Neighbor provides energy assistance to needy individuals who have a disconnect notice pending.

Electric Assistance program provides qualifying PSNH customers with a discount on their monthly electric bill. The discount is based on the household gross income and type of space heating used in the home.

Heating Repair or Replacement Project services are available to make energy saving improvements, such as emergency heating system repair or replacement (when funds are available). These services are available to low-income, elderly and handicapped.

Weatherization Program is designed to apply energy conservation measures such as wall and attic insulation, storm window, and some repair to heating systems in order to improve energy efficiency of the home. Info-Bank Manchester-160 Silver St., Manchester, NH 03101-603-668-8600
www.infobridge.com

The Senior Energy Assistance Program (SEAS) provides energy assistance funds in an amount up to \$270 per elderly household for individuals, 60 yrs. of age or older, over income under the LIHEAP.

The Fixit Program is designed for citizens 60 or older or any disabled person regardless of age whose disability hinders their ability to maintain their homes. Homeowners are charged a set amount for materials used. There is no set charge for labor but the homeowner is expected to make a donation in accordance with their ability to pay.

U.S. Department of Housing and Urban Development (HUD) Senior Housing

202-708-1112

603-666-7510 (Manchester office)

www.hud.gov

Supports housing for the elderly. Provides housing to income eligible seniors at housing sites funded by U.S. Dept. of Housing and Urban Development (HUD) Section 202 Supportive Housing Program. Residents pay 30% of income for rent with the balance subsidized under HUD's Section 8 Rental Assistance Program with heat and utilities included in the rent. Occupancy in Section 202 housing is open to any very low-income household comprised of at least one person who is at least 62 years old at the time of initial occupancy.

FOOD PANTRIES/ FOOD ASSISTANCE

These sites stock food and household items for those in need. Contact individual sites to confirm pantry hours and determine eligibility. Some sites limit visits and may require photo id.

The following list are names and phone numbers of current Food Pantries. Call or Google for details for specifics change frequently. If you Google, follow this example: Type in "St Andrew food pantry Manchester 03102" and Google will take you right to the site.

NH Food Bank/ Catholic Charities

603-669-9725

03109

Call 2-1-1 United Way

New Horizons for NH

603-641-9441 ext. 221
03103

Why Hunger?

1-800-548-6479
National data base by zip codes

FeedingHunger.org**Manchester Welfare Department**

603-624-6484
1528 Elm Street
Manchester, NH 03101

Salvation Army Food Pantry

603-627-7013 ext. 221
03101

1206 Café

603-262-0709
03102

Parish of Transfiguration

603-628-6859
03102

Sacred Heart

603-668-4004
03102

St. Andrew Food Pantry

603-622-8632
03102

St. Raphael

603-623-2604
03102

St. Vincent de Paul/ St. Marie's

603-623-3649
03102

Shiloh Food Ministry

603-782-5015
03102

Blessed Sacrament

603-622-5445

03103

Bethany Chapel Community Church

603-645-6399

03103

First United Methodist Church

603-622-8863

03103

Food for Children/ JFK Coliseum

603-624-6444

03103

Manchester Church of God

603-289-3428

03103

St. Anthony of Padua

603-625-6409

03103

C'est Grace Vineyard

603-624-4080

03104

First Congregational Church

603-625-5093

03104

Manchester Church of Christ

603-623-5559

03104

St. Joseph Cathedral

603-622-6404

03104

Friends of St. Vincent de Paul/ St. Pius

603-622-6510

03109

The Care Givers

603-622-4948

03109

**Southern NH Services
Commodity Supplemental Food Program**

603-668-8010

1-800-322-1073

www.snhs.org

SNAP (Supplemental Nutrition Assistance Program/ Food Stamps)

Nhfoodbank.org/ NHeasy

603-669-9725 ext. 1124

Meals on Wheels of Hillsborough County (HCMOW)

**Formerly St. Joseph Community Services, Inc. Meals on Wheels/ Community Dining
Carpenter Center**

603-669-1699

323 Franklin Street

Manchester, NH 03101

Meals on Wheels of Hillsborough County (HCMOW), formerly St. Joseph Community Services, is a nonprofit organization founded in 1977 and the sole provider of Meals on Wheels (MOW) for low-income and older, homebound and disabled adults throughout the county. HCMOW offers Community Dining (CD) and Transportation Services, on a limited basis. Participants in the nutrition programs receive a healthy meal, a daily wellness check and information on additional community resources at the nutrition site locations across Hillsborough County, including Manchester and Nashua. They are one of the only a few agencies to provide services in a participant's own home on a daily basis. These services are provided to adults in Hillsborough County, regardless of immigration or refugee status, ethnicity/race, religion, sexual orientation, gender identity or disability.

SECTION 5: PROTECTION

MANCHESTER FIRE DEPARTMENT

100 Merrimack Street
Manchester, NH 03101-2208
603-669-2256

Emergency 911

www.manchesternh.gov/Departments/Fire

The Manchester Fire Department provides emergency aid in case of fire. The department also provides education on fire prevention.

MANCHESTER POLICE DEPARTMENT

405 Valley Street
Manchester, NH 03103
603-668-8711
Fax: 603-628-6145
Emergency 911
Community Affairs Division: 603-792-5430
Senior Services: 603-792-5431

www.manchesternh.gov

The Manchester Police Department handles emergency calls to protect citizens against crimes, civil, domestic, and criminal. Special programs are in the Citizens Police Academy, Neighbor Watch Groups and Crime Line. Some educational work is done to instruct groups in crime prevention.

Just in Case. . . is a program managed by the Police Department to help keep seniors safe & secure. This program helps the police to identify, recognize and/or locate a senior enrolled in the program in the event that they become lost by using a photograph of the senior and accompanying demographic information submitted as part of the enrollment process. To speak to an officer about this potentially life-saving program please call 603-792-5431.

Community Policing, which is part of The Community Affairs Division, deals with fraud, safety, protection and education as they apply to the senior community as well as any issues that the seniors may need assistance with. Community Policing may be reached at 603-792-5429. You can also find information specifically for the senior community by calling 603-792-5431.

NH DIVISION OF HEALTH AND HUMAN SERVICES

Bureau of Elderly and Adult Services (BEAS)

105 Pleasant St.
Concord, NH 03301
603-271-9203
800-351-1888
FAX: 603-271-4643
TDD Access Relay: 800-735-2964

To Report Abuse or Neglect

603-271-7014
800-949-0470
Hours: 8:00AM – 4:30PM Monday –Friday

The Division of Community Based Care Services (DCBCS) provides a wide range of support and services in partnership with community systems for individuals with developmental disabilities and acquired brain disorders, individuals with serious mental illness or emotional disturbance, adults aged 18-60 who have a chronic illness or disability, and individuals age 60 or older.

DCBCS is comprised of several functional areas:

Behavioral Health: The Bureau of Behavioral Health (BBH) seeks to promote respect, recovery, and full community inclusion for adults, including older adults, who experience a mental illness and children with an emotional disturbance. Call 211 to be connected to help. National Suicide Prevention Lifeline 800-273-8255. Disaster Distress Helpline 800-985-5990

The Bureau of Developmental Services (BDS) offers its consumers with developmental disabilities, acquired brain disorders and children with special health care needs, a wide range of supports and services within their own communities.

The Bureau of Drug and Alcohol Services works to reduce alcohol and other drug misuse and its social, health, and behavioral consequences for the citizens of New Hampshire through public policy and resource development, education, and supporting initiatives that ensure the delivery of effective and coordinated prevention and treatment services.

The Bureau of Elderly and Adult Services (BEAS) and supports are intended to assist people to live as independently as possible in safety and with dignity. Services range from home care, meals on wheels, care management, transportation assistance and assisted living to nursing home care. The Manchester Police Department assists with senior scam presentations.

The Bureau of Homeless & Housing Services (BHHS) supports NH communities, individuals and families that are homeless or are faced the threat of becoming homeless.

New Hampshire Hospital (NHH) provides comprehensive compassionate inpatient psychiatric services to the people of NH. NHH is a state operated, publicly funded hospital providing a range of specialized psychiatric services. NHH advocates for and provides services that support an individual's recovery.

New Hampshire Legal Assistance (NHLA)

1361 Elm Street, Suite 307

Manchester, NH 03101

603-624-6000

(888) 353-9944

www.nhla.org

Justice in Aging Project

1-888-353-9944

If you are a NH resident age 60 or older and need help with a civil legal problem, contact NHLA's Justice in Aging Project. The Project has the capacity to serve elders who are housebound, isolated, or institutionalized. The Project assists our state's most economically and socially needy seniors with civil legal problems including:

- Abusive or illegal debt collection
- Financial exploitation
- Access to healthcare
- Social Security
- Supplemental Security income
- Public and private housing
- Mobile home residents' rights
- Property tax relief
- Food stamps
- Utility shut-off
- Disputes with nursing facilities and assisted living/residential care facilities

Project legal services include legal advice through the Legal Advice Line at the numbers listed, brief services and extended representation by attorneys and trained paralegals. The Project also engages in outreach to increase awareness of the legal rights of seniors and to ensure that the community is aware of our services by means of presentations, pamphlets, and other written materials.

New Hampshire Bar Association

112 Pleasant Street
Concord, NH 03301
603-224-6942

NHBA Lawyer Referral Service Programs (LRS)

www.nhbar.org/lawyer-referral-service

NHBA's Lawyer Referral Service (LRS) makes it quick and easy to locate and retain a qualified attorney for your legal problem. Because some types of matters are time sensitive, it's important to seek out help as soon as you know you have an issue.

LRS Full Fee Program: 603-229-0002

LRS provides consumers with guidance on selecting and hiring a qualified lawyer who is conveniently located and handles the customer's particular legal matter. Referral Specialist will help clarify your legal issue and attempt to match you with the right attorney or another resource. Online staff-guided referral is also offered.

LRS Modest Means Program: 603-715-3290 www.nhbar.org/modest-means-legal-program The NHBA Lawyer Referral Service Modest Means Program matches those who prequalify with a licensed NH Attorney who charges reduced fees to income-eligible applicants. The NHBA Lawyer Referral Services (LRS) Modest Means Program connects people in need of legal assistance with professionals who may be able to help. Our trained Intake and Referral Specialists* match those who prequalify with a licensed NH attorney who charges reduced fees to income-eligible applicants. If you do not qualify or are looking for services other than those provided by an attorney, we may be able to point you towards other organizations, agencies, and resources. Our Intake and Referral Specialists are not attorneys and do not offer legal advice. Even if our Intake and Referral Specialists pre-qualify you, the attorney and/or outside organization to whom you are referred may request documentation of your income and reserves the right to turn down your case for any reason. When you contact us, the information you provide will be used to determine eligibility. If you pre-qualify, LRS will attempt to match you with a nearby attorney who is experienced in the type of situation you have. You are not obliged to hire the attorney and the attorney is not obliged to take your case.

Pro-Bono Referral Program

The Pro-Bono Program provides civil legal services to low-income persons through volunteer attorneys primarily in family law, but also in areas of consumer finance bankruptcy, landlord/tenant, guardianship and other matters. The Legal Advice and Referral Center (LARC) screen clients for eligibility On Wednesdays from 9:00 – 1:00 PM AM and can be reached at 603-224-3333 or 1-800-639-5290. NH resident seniors (age 60 and older) can call the Justice in Aging Project at 1-888-353-9944.

603 Legal Aid, formerly Legal Advice & Referral Center (LARC)

93 State St, Suite 200

Concord, NH 03301

LARC provides legal advice and referrals in the following area of law: family, benefits and welfare, housing, and bankruptcy and consumer. LARC evaluates clients for eligibility, gives legal advice over the telephone and provides ongoing support for clients who represent themselves. Appropriate cases are referred for pro-bono legal services or to appropriate state agencies or independent organizations.

Call 1-800-639-5290 or 603-224-3333

Monday-Friday 9:00 AM – 1:00 PM

SECTION 6: RECREATION AND SOCIALIZATION

City of Manchester Senior Services Department

151 Douglas Street
Manchester, NH 03102
603-624-6533

www.manchesternh.gov/Departments/Senior-Services

E-mail: senior@ManchesterNH.gov

Service Link

555 Auburn St
Manchester, NH
603-644-2240

Provides information/referrals for services in the area and assistance with Medicaid and Medicare concerns.

Easter Seals New Hampshire

Senior Services

555 Auburn St
Manchester, NH
603-621-3591

www.eastersealsnh.com

Adult Medical Day Services – 603-621-3550

Home like atmosphere in which older adults, adults living with dementia, or adults living with disabilities receive individualized therapeutic, social, and health services for some part of the day.

Homemakers & Health Services – 866-553-3939

Care in the home and community ranging from basic household chores to more extensive in home care and companionship.

Memory Care Options – 603-621-3550

Our successful programs and care are provided in the home and in the community for those living with a memory impairment.

Mary Gale Flex Fund – 603-621-3485

Assisting low income women with critical goods and services

Caregiver Resources – 603-644-2240

Providing respite care, education, resources, support and coaching for the new and seasoned caregiver.

The Caregivers, Inc.

700 East Industrial Dr.
Manchester, NH 03103
603-622-4948

www.caregiversnh.org

The Caregivers provides outreach to elderly and disabled individuals through many programs that they offer. Their programs consist of:

- Telephone reassurance calls
- Rides for Health Living
- Food for the Homebound
- Caring Cupboard*
- Friendly Visits
- One Day Service Projects & Educational Outreach

* Caring Cupboard is a mobile food pantry that offers free groceries to low income elderly & disabled.

Manchester City Library

405 Pine Street

Manchester, NH 03104

603-624-6550

www.manchester.lib.us

Email: library@manchesternh.gov

Beyond traditional library services, the library has available large print books for those with impaired vision. Talking books are available through the New Hampshire State Library. Museum Passes are available for local museums as well as museums in the Boston area (list available upon request).

Hours:

Mon/Fri– 9:00am-5:00pm

Tues/Wed/Thurs - 9:00am-8:00pm

Thurs. – 9:00am-8:00pm

Saturday – 9:00am-2:00pm

Sunday – Closed

West Side Community Library

76 North Main Street

Manchester, NH 03102

603-625-6560

Hours:

Mon.- Fri.- 1:00pm- 5:00pm

Sat/Sun - Closed

Manchester Police Department Community Affairs

603-792-5431

The Manchester Police Department conducts senior outreach programs that include guided senior nature walks, a Senior Holiday Light Tour as well as other senior related activities. Please call for activity information.

The Friends Program, formerly Foster Grandparent Program

130 Pembroke Rd Suite 200

Concord, NH 03301

1-800-536-1193

603-228-1193, 603-228-7603

www.friendsprogram.org

The Friends Program is a non-profit agency that recruits, trains and manages volunteers to meet community needs. Available volunteer programs provide fulfilling opportunities for seniors and retired people to actively contribute to their communities.

Foster Grandparents – offers people (55 or older and income eligible) the opportunity to volunteer in their communities' schools, day cares, or rehabilitation center with at-risk children. Foster Grandparents provide time, attention and care. They support at-risk children by providing individual attention, unhurried help and encouragement, one-on-one or in a group setting and at the direction of a teacher. This program services children in Belknap, Carroll, Cheshire, Grafton, Hillsborough, Merrimack, Rockingham, Strafford, and Sullivan Counties. Volunteers receive a \$3/hour tax-free stipend (stipend does not affect any other subsidy), transportation, meals, accident and liability insurance, monthly social interactions through in-services, trips, and holiday parties. Volunteers receive ongoing support from program staff.

Youth Mentoring – These volunteer mentors are making new friends and in doing so, provide hope and inspiration to at-risk youth in 10 communities in Merrimack County.

Retired and Senior Volunteer Program (RSVP) – RSVP volunteers provide a wide range of community services meeting critical needs in non-profit and public agencies in Rockingham, Merrimack, Strafford, and Belknap Counties.

1915 Front Street #111

Manchester, NH 03102

603-634-1169, Fax: 603-641-6054

www.snhs.org

RSVP@snhs.org

Involves persons 55 years of age and older with meaningful opportunities to volunteer skills, expertise, and talent in service to non-profit or public community organizations. RSVP provides professional skills assessment, placement, support and recognition, insurance and travel reimbursement.

Senior Companion Program (serving all of NH)

2 Industrial Park Dr.

Concord, NH 03301

603-225-3295 x1184

(800) 856-5525

seniorcompanion@bm-cap.org

The Senior Companion Program is a volunteer program providing friendly visitation and respite services to 55 or older homebound adults in Belknap, Grafton, Hillsborough, Merrimack, Rockingham, Strafford, Sullivan counties. To qualify as a volunteer Senior Companion, a person must be 55 or older, meet income requirements (contact agency for requirements) and have a vehicle and valid driver's license. Volunteers receive a small tax-free stipend (\$3/hr. for 10 hr./week commitment plus mileage reimbursement). Senior Companions provide respite for caregivers; support for home bound adults including trips into the community such as lunch, activities, shopping and appointments. Companions do not provide housekeeping or personal care. There is no cost for this program. Senior Companions meet at stations regularly for support and guidance regarding any issues or concerns that may arise. Stations in Manchester are at Easter Seals; the Carpenter Center through Meals on wheels for Hillsborough County.

St. Joseph's Community Services

395 Daniel Webster Highway

PO Box 910

Merrimack, New Hampshire 03054-0910

Administrative Office 603-424-9967

Fax: (603) 424-1472

www.mealsonwheelsnh.org

St. Joseph community Services Inc. is a non-profit corporation. The purpose of this corporation is to provide frail and older Americans with low-cost nutritionally sound meals; both congregate and home delivered. In addition to providing hot meals, St. Joseph Community Services Inc. refers participants to social support services. Limited transportation to meal sites is available. For more information on elderly nutrition services contact:

Carpenter Center

323 Franklin Street

Manchester, NH 03101

Call for transportation: 603-669-1699

National Active & Retired Federal Employees Association, NH Federation

www.narfe.org

We are proud to be part of the National Active and Retired Federal Employees Association. NARFE is the only organization solely dedicated to the general welfare of all federal workers and retirees.

NARFE delivers valuable guidance, timely resources and powerful advocacy. For nearly a century, NARFE has been a trusted source of knowledge for the federal community. Go to NARFE.org to learn more and to apply for your membership. Our Federation has chapters throughout the state of New Hampshire. We Invite you to join and attend chapter meetings near your home. Please see the list below for chapter locations.

Chapter 302 – Concord

Chapter 1055 - Rochester

Chapter 1540 - Nashua

Chapter 1693 - Lebanon

Chapter 1694 - Lakes Region and Mount Washington Valley

Chapter 1776 - White Mountains

New Hampshire Federation Officers:

President: Gary Legg: g48legg@gmail.com

First Vice President: Nell Shea: Nellshea@aol.com

Second Vice President: Pat Grandmaison: patspoint2@gmail.com

Third Vice President: Augie Stratoti: augrs@juno.com

Secretary: Nancy MacGregor: nmacgregor55@comcast.net

Treasurer: Raymond Lefebvre: rlcrl10@yahoo.com

Feel free to contact any of these officers with your questions or concerning membership.

Seniors Forever Young

Jewish Federation of New Hampshire
273 S. River Rd
Bedford, NH 03110
603-627-7679

Seniors Forever Young is a social organization that meets informally (R&R group includes Mah Jongg and board games) throughout the month. Trips to plays, shows and museums occur throughout the year. For more information, call Allyson Guertin for all community activities.

YMCA

30 Mechanic Street
Manchester, NH 03101
603-623-3558

The purpose of the YMCA is to advance the spiritual, mental, social, and physical welfare of its members. Some of the programs available through the YMCA include vacation activities, trips, health club, corporate fitness, aerobic and arthritis workout and post-coronary exercise as well as programs for those diagnosed with pre-diabetes, cancer, and high blood pressure. Scholarships based on financial need are available for all facility programs.

Hours:

Mon-Fri	4:45am-9:00pm;
Sat	7:00am-4:00pm
Sun	CLOSED

Other NH YMCA locations:

Allard Center of Goffstown
YMCA of Concord
YMCA of Strafford County
YMCA of the Seacoast
YMCA of Greater Londonderry

YWCA

72 Concord Street
Manchester, NH 03101
603-625-5785
603-668-2299 (24/7 Crisis Line)

YWCA NH is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all.

The YWCA offers REACH crisis services (sexual and/or domestic violence issues). Free and confidential support is available 24 hours, 7 days a week by calling the 24/7 Crisis Line 603-668-2299. Call 24/7 and give a name and call back number; an advocate will call you back within ten minutes. Walk-In Services are also available Monday-Friday 8:30AM – 4:30PM at 72 Concord Street, Manchester, NH 03101. An advocate will be made available (typically 10 minutes or less).

Granite State Senior Games, Inc.

497 Hooksett Rd, Unit 252

Manchester, NH 03104

Contact: Glenn Graham

603-488-0229

E-mail: info@nhseniorgames.org

www.nhseniorgames.org

The NH Senior Games (NHSG) is a non-profit all volunteer sports and fitness organization governed by a Board of Directors. NHSG gives active, older adults the opportunity to compete with peers in a variety of activities and, more importantly, to enhance their fitness, health and quality of life. We are primarily volunteer-driven, and we rely upon committed volunteers and advocates to assist in putting on the games each year. NHSG is the leader in fitness for Senior athletes in New Hampshire. Everything we do focuses on our mission of Fitness, Friendship and Fun. Whether you are just beginning a sport or event, or have been active all your life, there are sports and events here for you to compete in at your level. No experience necessary.

The games are NH's premier multi-sport event for the 50+ population that qualifies Senior Athletes in the National Senior Games.

Please refer to the website for information on membership, activities and events.

USA Pickleball Association

Ambassador – Jim Eddinger

Contact Jim for lessons and available court times.

603-836-5766 or 603-533-6975

www.usapa.org

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Lessons are available free of charge.

Local Outdoor courts:

Prout's Park and Rock Rimmon in Manchester

Local Indoor courts:

YMCA in Manchester and Goffstown

O'Neil Center in Manchester

Town Hall in Hooksett, NH

Candia Youth Association, Candia NH

O.L.L.I., Osher Lifelong Learning Institute at Granite State College

1750 Elm Street

Manchester, NH 03104

603-513-1376/1377

www.oli.granite.edu

Email: oli.office@granite.edu

Correspondence:

OLLI at GSC

25 Hall St

Concord, NH 03301

Come for the classes, stay for the friends!

OLLI (Osher Lifelong Learning Institute) at Granite State College is a member-driven, volunteer-based program offering an open invitation to adults age 50 and better to enjoy lifelong learning, social events and volunteer opportunities in accessible and safe locations. With a “Learning for the love of it” goal, OLLI presents opportunities to seek knowledge, share experiences, ask questions, exchange ideas, stay current and explore new insights with no tests, no grades and no prerequisites. Join OLLI – open the door to an exciting and rewarding world of learning and meeting new people.

Please refer to the OLLI website for Membership Applications and a current Catalog of classes.

Currier Museum of Art

150 Ash Street

Manchester, NH 03106

603-669-6144

www.currier.org

The Currier Museum of Art connects art with diverse audiences, from its neighborhood to international and digital visitors, and embracing regional new museum-goers and under-served communities. The museum facilitates conversations and experiences around art, connecting the art of the past with art of the future through an artist-in-residence program based in our community. The museum teaches art as a way to understand the creative process in all fields – a traditional practice in American museums which we continue to believe is vital to our role.

The Currier Museum embraces difference and multiple points of view – in its collection and exhibitions, its audience, and its staff and governance. The museum is dedicated to the social needs of its community through programs serving people with memory loss, families of those with substance-use disorder, those with physical and cognitive challenges, and military veterans.

The Currier offers many programs including tours, art & wellness programs. Many art classes are offered online.

Admission is FREE for NH residents on the second Saturday of each month. A valid NH ID is required.

The Currier also offers Non-member Admission discounts to seniors 65 and over.

Hours of Operation:

10:00AM – 8:00PM Thursday

10:00AM – 5:00PM Friday, Saturday and Sunday

CLOSED Monday – Wednesday

SECTION 7: TRANSPORTATION

The Caring Rides Program

The Caregivers, Inc.

A program of Catholic Charities NH

700 East Industrial Park Dr.

Manchester, NH 03109

603-622-4948

Fax: 603-384-3901

www.caregiversnh.org

Email: info@caregiversnh.org

Volunteers with The Caring Rides Program provide assistance and transportation to physician, dentist, podiatry and therapy appointments among others. Beyond the actual transportation, these trained volunteers wait with the care-receivers during their appointments, offering friendship and support. The program allows individuals to practice preventive health care, overcoming the cost of transportation or physical barriers that would make such visits prohibitive.

In addition to Caring Rides, The Caregivers also offer:

- Telephone reassurance calls
- Food for the Homebound
- Caring Cupboard
- Friendly Visits
- One Day Service Projects & Educational Outreach

CMC Care Van

100 McGregor Street

Manchester, NH 03102

603-663-6713 or 603-663-6096

The Care Van is a complimentary shuttle service arranged through your CMC provider's office. The service offers round trip transportation from your home to CMC, Dartmouth Commons, lab sites, x-ray, cardiac doctors, and physical therapy. Available Monday-Friday, from 7:30am-3:30pm (except holidays). Persons receiving hospital services are eligible. Serves residents of Manchester, Hooksett, Goffstown, Auburn, and Bedford. Serves everyone 18 and over (those under 18 must be accompanied by an adult).

Manchester Transit Authority (MTA)

110 Elm Street

Manchester, NH 03101

603-623-8801

www.mtabus.org

In addition to local bus services, MTA services include:

StepSaver: call the MTA at 623-8801 Option #2.

StepSaver is an origin to destination shared-ride transportation service offered by the Manchester Transit Authority (MTA) as required under the Americans with Disabilities Act (ADA) of 1990. This program provides assistance to individuals with disabilities who are unable to use the regular fixed

route bus service. StepSaver covers most of Manchester, as well as parts of Goffstown, Bedford, and Hooksett, three quarters of a mile along the fixed route bus system. An application process is required. Eligibility for service is determined by the MTA under the guidelines of the ADA. StepSaver applications not processed within 21-days of receipt will result in presumptive eligibility. Service will be granted until an eligibility determination is made. Visitors who are eligible under the ADA in other cities or states are welcome to use our service while visiting for up to twenty-one (21) days.

StepSaver Service is provided on an advanced reservation basis. Eligible passengers may call the MTA dispatch office and schedule their rides up to a week in advance. We cannot take same day reservations. Reservation hours are 5:25 AM to 7:00 PM, Monday through Friday, 9:30 AM to 6:00 PM on Saturdays. Transportation is provided five days a week from 5:25 AM to 6:30 PM Monday through Friday, and from 9:30 AM to 5:30 PM on Saturday. The last pick-up window is from 6:00pm to 6:30pm. There is no Sunday service however, you can leave a message to schedule a ride for Monday. 603-623-8801 ext. 5160. StepSaver is closed on the same holidays as the fixed route system.

Current Cost: \$4.00 one-way fare; \$8.00 round trip

The Green Dash: This free shuttle service uses hybrid-electric buses that run in a figure eight around the Mill yard area and downtown Manchester to ease congestion and parking. The Green DASH buses are wheelchair accessible.

CART (Cooperative Alliance for Regional Transportation)

www.cart-rides.org

603-434-3569

CART provides fixed route and curb-to-curb demand-response transportation serving the New Hampshire towns of Chester, Derry, Hampstead, Londonderry and Salem.

Reservation hours are 5:25 AM to 7:00 PM, Monday through Friday, 9:30 AM to 6:00 PM on Saturdays. Transportation is provided from 8:00 AM to 5:00 PM Monday through Friday. The last pick-up window is from 4:00pm to 4:30pm.

To Schedule Curb-to-Curb Rides: Since this is a shared-ride service, rides must be scheduled at least the business day prior to needing a ride but not more than one week ahead. If your preferred time is unavailable, we will make every effort to work with you to create a suitable alternative.

SPECIAL TRANSIT SERVICE (STS)

Easter Seals New Hampshire

180 Zachary Road

Manchester, NH 03109

603-668-8603 Service/Intake

www.nh.easterseals.com

<https://www.easterseals.com/nh/our-programs/transportation/>

Services: Disability Related Transportation

(603) 623-8863 Administrative

(800) 870-8728 Toll Free

Available to Medicaid-eligible individuals who use wheelchairs and require medical transportation. Trips must be authorized by a physician or registered nurse.

Special Transit Services (STS) allows agencies serving the elderly and disabled to contract and refer clients for transportation. The service also provides transportation to disabled individuals and seniors within the Greater Manchester area. STS is a licensed Medicaid Rehabilitation Wheelchair Transporter. Service area includes Bedford, Hooksett, Goffstown, and Manchester.

Road to Recovery, American Cancer Society

Gail Singer Memorial Building
360 Route 101 Unit #8
Bedford, NH 03110-5032
603-472-8899
800-640-7101
Fax: 603-472-7093
National Cancer Information Line
800-227-2345

www.cancer.org

Under normal circumstance, cancer patients receiving treatment at a nearby hospital or medical facility can get free transportation to and from their treatment site. The American Cancer Society's Road to Recovery program is a free service for cancer patients who lack transportation. Service areas include parts of Hillsborough and Rockingham Counties.

Due to COVID restrictions, please call the National Cancer Information line to check on availability in your area.

Dartmouth Hitchcock Medical Center

603-695-2500

Transportation may be arranged through the Social Services Department for appointments at the DHMC depending on patient affiliation and appointment location.

Mobility Works, formerly Ride-Away Handicap Equipment Corp.

54 Wentworth Avenue
Londonderry, NH 03053
603-210-4610
1-877-275-4912

www.mobilityworks.com

Mobility Works is the East Coast's largest provider of vehicles modified for people with disabilities. The company sells new and previously owned vehicles as well as offering a full range of vehicle modifications including hand controls, wheelchair and scooter lifts, ramps, raised doors, lowered floors and specialized gas, brake, and steering controls, extended warranties and financing are also available. Rental vehicles are available on a daily, weekly or monthly basis with 24-hour emergency roadside assistance.

Store Hours:

Monday–Friday 8:00AM–5:00PM; Saturday 8:00AM–1:00PM

Northeast Kustom Kreations, LLC

5 Varney Street
Manchester, NH 03102
603-622-0282

Fax: 603-625-8493

Kustom Kreations provides customized automotive services, specializes in the manufacturing of 'special purpose vehicles' and designs your vehicle with the features you want and need.

Granite State Independent Living

21 Chenell Drive
Concord, NH 03301
603- 228-9680
1-800-826-3700 (toll-free)
603-225-3304 (fax)
TTY 711 | 800-735-2964

Manchester Location:

60 Rogers Street, Suite 209
Manchester, NH 03104
603-518-4600
1-800-773-4033
603-627-3780 (fax)
TTY 711 | 800-735-2964

www.gsil.org

GSIL offers a variety of services geared to helping people with disabilities access their community-based transportation options throughout the State of NH.

Transportation services Include: Wheelchair Van Transportation, Local Transit Travel Training, Travel Reimbursement (Payment is on a Sliding Fee Scale or Free to income eligible), Non-Emergency Medical Transportation, ADA (Americans with Disabilities Act), Para-Transit Application Assistance. If you have questions about your transportation options, call GSIL or visit the website.

American Medical Response

35 Pine Street, Ste. 1
Manchester, NH 03103
603-626-0550

www.amr.net

AMR Manchester provides emergency and non-emergency medical transport service for the city of Manchester and surrounding communities and is CAAS Accredited. Please call 911 in an emergency.

CommuteSmart NH, formerly NH Rideshare

www.commutesmartnh.com

CommuteSmart -is a FREE ride matching service provided by the NH Department of Transportation that helps to reduce transportation costs as well as traffic congestion and air pollution.

CommuteSmart NH has a new ride matching tool to help you find a transportation option for your commute or a single trip, such as a medical appointment

OTHER TRANSPORTATION RELATED RESOURCES

Adaptive Driving Associates

802-296-2004

ADA serves many clients, including those with medical, cognitive, learning disability and drivers who have had a change in their medical status which is impacting on their ability to drive. They offer a comprehensive clinical and behind the wheel evaluation to determine a person's candidacy to continue or return to driving. When appropriate, training is provided to facilitate a client's ability to drive.

Good News Garage - Community Lutheran Services

603-669-6937

325B Merrill St., Manchester, NH 03103

Good News Garage (GNG) offers affordable and reliable transportation options to low-income individuals and families by awarding refurbished donated cars to neighbors in need, and operates a shuttle program using donated vans and SUVs.

DriveAbility - Exeter HealthCare

603-580-7927

The DriveAbility program provides evaluations, education and training that allow people of all abilities to gain or regain the ability to drive. An Occupational Therapist with specialized training in driver rehabilitation administers a comprehensive clinical driving assessment and behind the wheel assessment.

**A Special Thank You to
the Friends of the Cashin Senior Center
for their generosity in sponsoring the Resource Book**

The Friends of the Cashin Senior Activity Center, Inc is a 501(c)(3) organization dedicated to helping the William B. Cashin Senior Activity Center provide a better community for Manchester's Seniors.

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